



## Dinner Tonight Meal Ideas

### Meal 1: 45 Grams Carbohydrate

Dinner Tonight Meal	Items	Carbohydrate/Calories
<ul style="list-style-type: none"> <li>California Chicken and Vegetables</li> </ul>	1/4 recipe California Chicken and Vegetables (see recipe)	4 grams/250 calories
	2/3 cup brown rice	30 grams/ 144 calories
	1 cup skim milk	12 grams/90 calories

**Total: 46 grams/484 calories**

### Meal 1: 60 Grams Carbohydrate

Dinner Tonight Meal	Items	Carbohydrate/Calories
<ul style="list-style-type: none"> <li>California Chicken and Vegetables</li> </ul>	1/4 recipe California Chicken and Vegetables (see recipe)	4 grams/250 calories
	2/3 cup brown rice	30 grams/ 144 calories
	1 cup skim milk	12 grams/90 calories
	1 cup blueberries or 1 fruit serving	15 grams/60 calories

**Total: 61 grams/ 544 calories**

### Meal 1: 75 Grams Carbohydrate

Dinner Tonight Meal	Items	Carbohydrate/Calories
<ul style="list-style-type: none"> <li>California Chicken and Vegetables</li> </ul>	1/4 recipe California Chicken and Vegetables (see recipe)	4 grams/250 calories
	1 cup brown rice	45 grams/216 calories
	1 teaspoon trans fat free margarine or butter	0 grams/45 calories
	1 cup skim milk	12 grams/90 calories
	1 cup blueberries or 1 fruit serving	15 grams/60 calories

**Total: 76 grams/ 661 calories**



## Dinner Tonight Meal Ideas

### Meal 2: 45 Grams Carbohydrate

Dinner Tonight Meal	Items	Carbohydrate/Calories
• Balsamic-Glazed Salmon Fillets	1/6 Balsamic-Glazed Salmon Fillets (see recipe)	6.5 grams/ 288 calories
	1 cup steamed broccoli	10 grams/ 50 calories
	1/2 cup mashed potatoes (made with skim milk)	15 grams/ 80 calories
	1 cup sliced strawberries or 1 fruit serving	15 grams/ 60 calories

**Total: 46.5 grams/478 calories**

### Meal 2: 60 Grams Carbohydrate

Dinner Tonight Meal	Items	Carbohydrate/Calories
• Balsamic-Glazed Salmon Fillets	1/6 Balsamic-Glazed Salmon Fillets (see recipe)	6.5 grams/ 288 calories
	1 cup steamed broccoli	10 grams/ 50 calories
	1 cup sliced strawberries or 1 fruit serving	15 grams/ 60 calories
	1 slice angel food cake, 1/12 of 10" diameter cake, 1.8 ounces	30 grams/129 calories

**Total: 61.5 grams/527 calories**

### Meal 2: 75 Grams Carbohydrate

Dinner Tonight Meal	Items	Carbohydrate/Calories
• Balsamic-Glazed Salmon Fillets	1/6 Balsamic-Glazed Salmon Fillets (see recipe)	6.5 grams/ 288 calories
	1 cup steamed broccoli	10 grams/ 50 calories
	1/2 cup mashed potatoes (made with skim milk)	15 grams/ 80 calories
	1 teaspoon trans fat free margarine or butter (for broccoli or potatoes)	0 grams/ 45 calories
	1 cup sliced strawberries or 1 fruit serving	15 grams/ 60 calories
	1 slice angel food cake, 1/12 of 10" diameter cake, 1.8 ounces	30 grams/129 calories

**Total: 76.5 grams/652 calories**